

East Columbia 50+ Center

July 2017 Events



Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 9am-4:30 pm
Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Workout\$ 10am Yoga \$ 11am & 12:15pm Mahjong 12pm Bridge 1:30pm Tai Chi Practice 2pm Pinochle 4pm Soul Line Dance \$ 7pm 3	Center is Closed Independence Day  4	Mahjong 10am Bid Whist 2pm Strength Training \$ 3pm Tai Chi Beg \$ 4:30pm Tai Chi Fan \$ 5:30/6:30pm Soul Line Dance \$ 7pm 5	Tai Chi Sword 11am Tai Chi Practice 12pm Poker 12pm Chess 1pm Ballroom Dance \$ 1pm Strength, Stretch and Core \$ 2:30pm Tai Chi Practice 3:30pm 6	Draw & Paint \$ 9:15am Advance Walk at Columbia Mall 9:30am Pinochle 1pm Bridge 1pm Watercolors \$ 1pm 7
Legal Aid 9am Chinese Painting\$ 10am Morning Workout \$ 10am Yoga \$ 11am & 12:15pm Mahjong 12pm Bridge 1:30pm Tai Chi Practice 2pm Cool Line Dance\$ 3pm Nutrition Appts 3:30pm Pinochle 4pm Soul Line Dance \$ 7pm 10	Seated Yoga \$ 10 am Color with Us 10 am Qigong Drop-in 11am Sew Who Cares 12pm Poker 12pm Summer BBQ 12pm Yoga \$ 2pm Short Stories 2pm Urban Line Dance\$ 3pm Family Law 6pm 11	Mahjong 10am BYO Beads 11am Bid Whist 2pm Strength Training \$ 3pm Tai Chi Beg \$ 4:30pm Tai Chi Fan \$ 5:30/6:30pm Korean Support 6:30pm Soul Line Dance \$ 7pm 12	Farmers Market Coupons Distribution 9am Tai Chi Sword 11am Tai Chi Practice 12pm Poker 12pm Chess 1pm Ballroom Dance \$ 1pm Strength, Stretch and Core \$ 2:30pm Tai Chi Practice 3:30pm 13	Draw & Paint \$ 9:15am Advance Walk at Columbia Mall 9:30am Pinochle 1pm Bridge 1pm Watercolors \$ 1pm 14
Legal Aid 9am Chinese Painting\$ 10am Morning Workout\$ 10am Yoga \$ 11am & 12:15pm Mahjong 12pm Bridge 1:30pm Tai Chi Practice 2pm Cool Line Dance\$ 3pm Pinochle 4pm Tai Chi 3 & 2\$ 5pm/6pm Soul Line Dance \$ 7pm 17	Seated Yoga \$ 10 am Color with Us 10 am Qigong Drop-in 11am Sew Who Cares 12pm Poker 12pm Clutter Busters 1pm Yoga \$ 2pm Urban Line Dance\$ 3pm Family Law 6pm 18	Mahjong 10am Floral Arrangement \$ 10:30am Astrology \$ 1pm Bid Whist 2pm Strength Training \$ 3pm Tai Chi Beg \$ 4:30pm Tai Chi Fan \$ 5:30/6:30pm Soul Line Dance \$ 7pm 19	Tai Chi Sword 11am Tai Chi Practice 12pm Poker 12pm Chess 1pm Ballroom Dance \$ 1pm Strength, Stretch and Core \$ 2:30pm Tai Chi Practice 3:30pm 20	Draw & Paint \$ 9:15am Advance Walking at Columbia Mall 9:30am Pinochle 1pm Bridge 1pm Watercolors \$ 1pm 21
Legal Aid 9am Chinese Painting\$ 10am Morning Workout\$ 10am Yoga \$ 11am & 12:15pm Mahjong 12pm Bridge 1:30pm Tai Chi Practice 2pm Cool Line Dance\$ 3pm Pinochle 4pm Tai Chi 3 & 2\$ 5pm/6pm Soul Line Dance \$ 7pm 24	Seated Yoga \$ 10 am Color with Us 10 am Qigong Drop-in 11am Sew Who Cares 12pm Poker 12pm Short Stories 2pm Yoga \$ 2pm Urban Line Dance\$ 3pm World Language Cafe 7pm 25	Mahjong 10am Astrology \$ 1pm Bid Whist 2pm Strength Training \$ 3pm Tai Chi Beg \$ 4:30pm Tai Chi Fan \$ 5:30/6:30pm Soul Line Dance \$ 7pm 26	AAUW 11am Tai Chi Sword 11am Tai Chi Practice 12pm Poker 12pm Chess 1pm Ballroom Dance \$ 1pm Strength, Stretch and Core \$ 2:30pm Tai Chi Practice 3:30pm 27	Draw & Paint \$ 9:15am Advance Walking at Columbia Mall 9:30am Pinochle 1pm Bridge 1pm Watercolors \$ 1pm 28
Legal Aid 9am Chinese Painting\$ 10am Morning Workout\$ 10am Yoga \$ 11am & 12:15pm Mahjong 12pm Bridge 1:30pm Tai Chi Practice 2pm Cool Line Dance\$ 3pm Pinochle 4pm Tai Chi 3 & 2\$ 5pm/6pm Soul Line Dance \$ 7pm 31	 Plastic Free August: Learn more about it at the Clutter Busters Meeting Tuesday, July 18, 1pm 		East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders Kari Weidner	

Chinese Brush Stroke Painting

Learn how to paint with artist Liu Kwai using Traditional & Contemporary **Chinese Brush Painting** techniques.

Liu Kwai will offer a 6 weeks session of at East Columbia 50+ Center. No experience is necessary.

For more information or to register, please call: (410) 313-7680.

When: Mondays, July 10, 17, 24 , 31 and August 7, 14

Time: 10am –11:30am

Cost: \$76 (6 weeks)

Summer BBQ

Join us for another summer BBQ with all the fixings. Put in your request for hot dogs or burgers (beef, turkey or veggie) and plenty more! Registration is required.

When: Tuesday, July 11

Time: 12pm

Cost: (food for purchase)

Farmers Market Coupons Distribution

A limited number of farmers' market coupons will be distributed to low-income Howard County Older Adults on a first come, first-serve basis.

When: Thursday, July 13

Time: 9am

Cost: Free

Floral Arrangement Class

Gorgeous floral centerpieces don't need to take a lot of time or expensive materials. Get inspired with these beautiful yet easy arrangements from the Howard County Garden Club. Space is limited. Please call (410) 313-7680 or stop in the center to register.

When: Wednesday, July 19

Time: 10:30am

Cost: \$5

Astrology – Personality and Soul

This 4-week workshop offers an introduction to Astrology, the twelve signs, understanding your nature and emotions, and what makes you special. Registration is required. All paid attendees will receive a \$25 discount coupon toward a full astrology consultation with facilitator, Linda Furiate, Veteran and former TV host.

When: Wednesday, July 19, 26, August 2, and 9

Time: 1pm

Cost: \$43 (4 weeks)

World Language Café

Columbia Association's (CA's) monthly World Languages Café is a place to speak a language you know or one you are learning, converse in a friendly atmosphere, meet new people who enjoy learning about other cultures increase your fluency by speaking and listening, pick up useful phrases to use when traveling and recall your childhood language.

When: Tuesday, July 25

Time: 7pm

Cost: Free

Sign up and Payment for classes

Please stop by the front office to pay for your classes at the beginning of the month or quarter. We accept cash, credit cards or checks made payable to: Howard County Director of Finance. Online registration can be done at the website: <https://apm.activecommunities.com/howardcounty>

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call: **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1.

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